

# VITAL SIGNS



VOL VI No. 6 Naval Regional Medical Center, Orlando, Florida

1 May 1983

## NRMC's first awardees of '83

### Sailor of the Quarter



On 15 April, Captain Fout presented the Certificate for Sailor of the Quarter, 1st Quarter, 1983, to HM3 Ruthann Donnelly, USN. Petty Officer Donnelly was assigned as the Commanding Officer's Driver.

Petty Officer Donnelly was selected for her high example of exemplary conduct, outstanding performance, impressive military bearing, and devotion to duty.

HM3 Donnelly has now departed this command to attend Operating Room Technician School at NSHS, Portsmouth, VA.

### Blue Jacket of the Quarter



HN Sheila R. Scott, USN, Nursing Services (Pediatric Ward), has been selected as the Blue Jacket of the Quarter, 1st Quarter, 1983. HN Scott has been on board since August, 1982. She is married and she and her husband, ET1 George (stationed at NOTU, Cape Canaveral), have two children: Nathan and Nancy.

### Civilian of the Quarter



Mrs. Evelyn Rhodes, Secretary to the Director of Administrative Services, has been selected as the Civilian of the Quarter, 1st Quarter, 1983. Mrs. Rhodes has been a NRMC employee for 5 years and has a total of over 23 years civil service. Evelyn has four children: Julie, Vicki, Gail and John.

## 1st Quarter, 1983

### Civilian Awards

#### OUTSTANDING PERFORMANCE RATING

(With Sustained Superior Perf.)

Harry M. Belch, H-34  
Joyce H. Dover, H-00  
Blondeen T. Hammonds, H-39  
Lois S. Ziglar, H-17

#### SUSTAINED SUPERIOR PERFORMANCE

Dianna F. Bates, H-36  
Alice C. Crownfield, H-35  
Joseph L. Kee, Jr., H-38  
Muriel V. Lovejoy, H-36  
Edna M. Swigonski, H-15  
Joanna M. Weller, H-39  
Betty M. White, H-32

#### OUTSTANDING PERFORMANCE RATING

Marion A. McGlasson, H-11  
Dolores A. Thompson, H-11

#### OUTSTANDING PERFORMANCE RATING (With Quality Salary Increase)

Victoria A. Barbelet, H-31  
Patricia J. Barbour, H-39  
William F. Holton, H-19  
Stuart E. Jester, H-19  
Dorothy L. Pempey, H-08  
Mary E. Sobczak, H-39  
Wesley H. Sorrenson, H-38

## Whoooizzit?



Do you know this staff member? The answer is on Page 12.

## New Master Chief



On 21 April, Captain Fout "frocks" DPCS Maxwell Crabbe, Chief of Data Processing Service, to his new rate of DPCM. Master Chief Crabbe's wife, Martha, assisted Captain Fout in changing the collar pins to two stars. Congratulations, Master Chief Crabbe!



## American Red Cross



**Volunteer hours  
for March -  
2,462 1/2**

## Vital Signs' Staff

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HM1 Bogan McQuigg, USN

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Editor: HCMC(SS) R. C. CLEMENTS, USN

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# STETH - O - SCOOP

Vital  
Signs

By HM1 Bogan McQuigg, USN



If you had the opportunity to change something in the Navy/Command, what would it be?



CW03 Larry G. Bell, PA, Internal Medicine: "I would like to see everyone treat patients as they themselves would like to be treated in the same situation."



LT Janell Nickols, CHC: "I would like to see people have more pride in their work, Navy-wide."



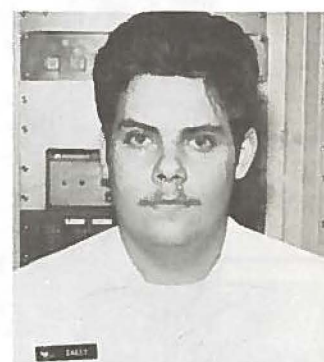
Joe Callender, Respiratory Therapy: "I feel that personnel who are diligent in performing their duties should be recognized more often by their superiors for a job 'Well Done.'"



HM2 Stuart Cronkhite, Urology Service: "I feel that all Corpsmen with NEC's that are 'critical' should be given SRB's when reenlisting or allowed to drop their NEC."



Eloise Unsworth, Family Practice: "I feel that there should be more intern programs for women in Civil Service."



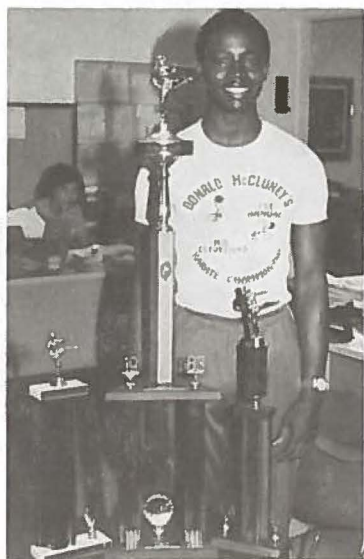
HA Everett Bailey, Communication Center: "I would like to see some of the staffing rearranged -- there are not enough Corpsmen in the Clinics and Admin areas."

# Staff Journal

## Trophies for the Champs



NRMC was well represented when the trophies were awarded for the 1982/1983 Commander's Cup Bowling League. On the left, LCDR Johanna Christensen, NC, USN, received a trophy for having the high series - 547. HN Robert Norton, USN, received the trophy for having the highest average - 188. LCDR Jean Truhe, NC, USN, received a trophy for the highest scratch game - 154.



HN Duncan Moody, Nursing Services, has been busy competing in Black Belt, Superlight Weight Karate. The trophy on the left was won for 3rd place, at Gainesville, Florida, on 26 March. The one in the middle was for 1st place at UCF, Orlando on 2 April, and the one on the right was for 1st Place at West Palm Beach on 9 April.

## Retirements



On 15 April, Harry Belch, Food Management Service, retired with over 35 years of service.



William Greene, Food Management Service, and his wife, Marie, cut into his special cake on his retirement. Mr. Greene retired on 31 March with 25 years of service.

## Congratulations



On 1 April, Captain Fout congratulated Robert Waldon (on left) on receiving his 30 year pin and James McIntyre on receiving his 25 year pin. Both men work in Food Management Service.



**Letters on departure**

LCDR Ronald Butcher, NC, as he left for duty at NavSta Keflavik, Iceland.



HMC Richard Moore on his departure for duty with the Marines at 29 Palms.



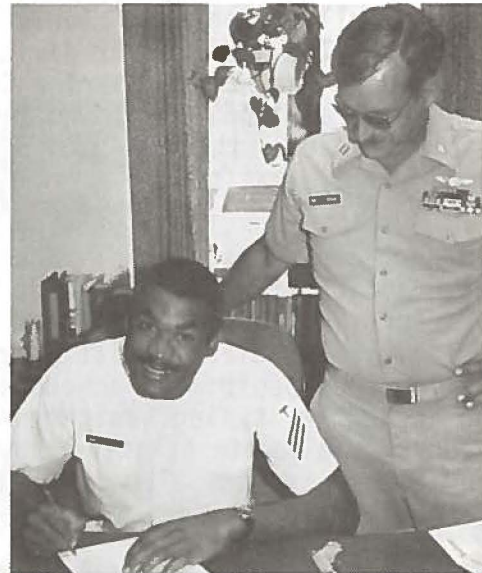
DT3 Angela Thompsen for her big trip across Lake Baldwin to NRDC!

**30 years**

Captain Schefstad puts on the 30 year pin for Joseph Robichaud of the Outpatient Administrative Services.

**Reenlistments**

On 20 April, CDR Michael Pratt, MSC, Laboratory Service, reenlisted HM2 Eric Olayos for 6 years. Petty Officer Olayos reenlisted under the Guard III program for a two year extension of his PRD at NRMC, Orlando!



HN Darrel Bridges, NRMC Annex, reenlisted on 20 April for 4 years, Guard III for assignment to the USS YOSEMITE. LT Ronald D'Heron, MSC, was the Reenlistment Officer.



## Vital Signs visits

# Otolaryngology Service

The Otolaryngology Service is responsible for all medical problems associated specifically to the head and neck. On the average, the Service provides care for approximately 500 patients per month, which includes out-patient visits, in-patients, minor surgery cases, and major surgeries.

The staff is comprised of two Otolaryngologists, one Audiologist, four enlisted Otolaryngology Technicians, and a clerk typist. The physicians divide their time between surgery in the morning and a full out-patient clinic in the afternoon. The Audiologist divides his time between the Navy's Hearing Conservation Program and providing the ENT physicians with specific audiological diagnostic information.

The technicians assist the physicians, anticipating their needs before they occur, in the operating room and in the clinic. The clerk-typist is responsible for the appointment schedule, operating schedule, typing assignments, and all secretarial/administrative duties involved with the clinical operations.



CAPT Edward McDonough MC, USN  
Chief of Service

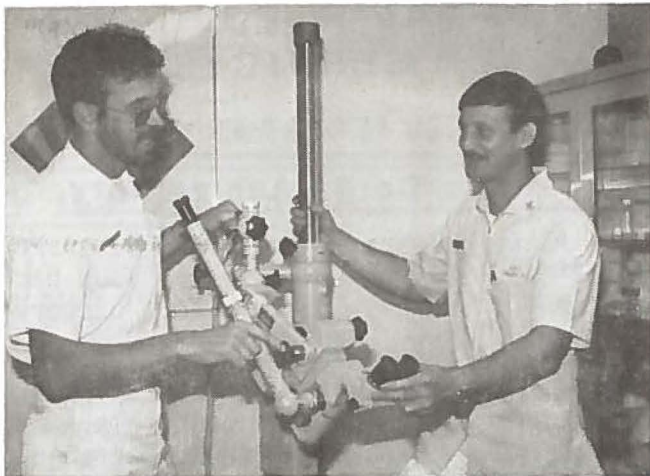


LCDR Geoffrey Robb, MC, USN  
Otolaryngologist



LT Allan Gross, MSC, USNR  
Audiologist





HM3 Kevin Kroncke (left) and HM2 Dave Porter, Leading Petty Officer



Diana Woodrum and HM2 Jace Andrews

HM3 Clement Richardson was on nights and not available for a picture.

## Staff Journal (Continued)

### Reenlistment



On 4 April, HMCS David F. Clark, Chief of Outpatient Administrative Services, was reenlisted by ENS Sharon E. DuLac, MSC, USN. Senior Chief Clark reenlisted for two years.

### LOC



On 22 April, Captain Fout presented HM2 Thomas A. Van Pelt, Human Resource Management Service, with a Letter of Commendation. Petty Officer Van Pelt was transferred to the 2nd Marine Air Wing, Cherry Point, NC.

### LOA

On 26 April, Captain Fout presented a Letter of Appreciation to LCDR Manoj Khandheria, MC, USNR, on his detachment from the Urology Service of this command. Dr. Khandheria was transferred to Great Lakes where he will be released from active duty.







## CHAPLAIN'S COMMENTS

By LT Janell Nickols, CHC, USN

### Good Hope vs Hoping to Goodness

Lucy and Linus, in the Peanuts comic strip, are sharing their thoughts on a sunny, spring day when Lucy announces, "You know what we're going to do tomorrow? Patty and Violet and I are going on a picnic!" And then, looking upward to the sky with an expression of dismay she proceeds, "I just hope to goodness that it doesn't rain!" Linus, taking his thumb out of his mouth to speak, proclaims, assuredly, "Hoping to goodness is not theologically sound!"

St. Paul writes in II Thessalonians, "Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort our hearts and establish them in every good work and word."

Good Hope .... Hoping to Goodness. What is the difference? To Lucy, hoping is wishful thinking. It is something to dream for, a fantasy. St. Paul, on the other hand, has a view of hope which is filled with assurance, and confidence. The hope which he refers to, is good hope -- God given hope. Hoping to goodness is a hope which binds and confines us. When we hope to goodness, we live in the future tense, always setting our sights on one wish after another. Good hope is liberating. It sees the world moving toward God's purpose. It views life as an open door. Hoping to goodness is impatient. It endures the present. It cannot wait until the future. Good hope is patient, because it is certain. It is faithful hope which waits in readiness, but it is always living in the present. Hoping to goodness has a weakening effect. Lucy, in the midst of all her good intentions, bases her life on outside influences, such as the weather. Good hope, is hope which strengthens us. God's hope is assuring. It builds us up, and motivates us to move forward knowing that we are forgiven, loved and accepted.

Good hope or hoping to goodness -- which will you choose?



## NURSING SERVICES



By : LT C. M. Pagliara, NC, USN

### Navy Nurse Corps Anniversary

As we celebrate our 75th Anniversary on 13 May 1983, let's briefly look back at some of the highlights of our history.

In 1911, a Navy surgeon, Dr. Paul Barton, was commissioned to submit recommendations for conducting hospitals. He wrote, "The nurses, whose number should be proportionate to the extent of the hospital and number of patients, should be women of humane disposition and tender manner, active and healthy. They should be neat and cleanly in their persons, and without vices of any description..."

In December 1862, four volunteer nurses boarded the Red Rover, a confiscated Confederate steamer outfitted as a floating hospital. These sisters were the first female nurses carried aboard a U.S. Navy Hospital Ship. In 1899, the Surgeon General was authorized to employ and subsist trained nurses. The number not to exceed 20 and the pay not to exceed \$4.00 per day. Finally, on 13 May 1908, Congress established the Navy Nurse Corps. In October 1908, the first 20 nurses, known as the "Sacred Twenty" reported to the U.S. Naval Training Hospital. By 1918, there were 1386 Navy Nurses with base pay increased to \$60.00 per month. Other significant dates include: August 1920 - the first Navy Nurses reported aboard a hospital ship. On 12 October 1965, the first five male Nurse Corps Officers were commissioned and last month, April 1983, William Code became the first male Navy Nurse Corps Officer promoted to the rank of Captain.

I could go on and on naming dates and events that highlight the Nurse Corps history, particularly of events during World War I, World War II and the Korean Conflict. But the important thing to remember is that the Navy Nurse Corps has not only grown in size but in their professional expertise and in their pride. No other group of professionals can match the esprit de corps of the Navy Nurse Corps!





## LAB LINE

CAPT P. E. Petit, MC, USN

### In the "trenches"

The Hematology/Coagulation/Urinalysis section of the laboratory is the area that most technicians consider the "trenches." It is an extremely high production area and the work is repetitive and generally unrewarding. After a day of pouring and centrifuging a hundred plus bottles of urine, you know you have earned your pay. This month, we would like to brag about the work output of this section and give them some well deserved recognition. HM1 Frank Adgate serves as the technical supervisor and leading petty officer of this area. He has a staff of three technicians, an equipment inventory valued at nearly a half million dollars, and an annual operating budget of about 40K. The Hematology/Coagulation/Urinalysis staff includes HM3 Roland "Goose" Gosselin, HM3 Edmar Gamboa, and HM3 Joan Patton. Their equipment is the latest state-of-the-art, but unfortunately, data reporting and logging is all still performed manually. They look forward to the day when we have a computer to get our record keeping procedures out of the dark ages. They have an exceptionally heavy workload as nearly every patient seen gets a CBC or urinalysis before they leave. Their telephone number is X4040 but they would rather see you in person checking the chit distribution box or data logs than hear you on the phone asking them to look something up. The work is hectic and the stream (pun) never seems to end. The next time you get bored with your job, stop by the lab for a brief attitude adjustment "in the trenches."



HM1 Adgate conducts a "show and tell" with HM3 Patton (on left), HM3 Gosselin, and HM3 Gamboa.

## CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN

### Something to think about

If you have decided to separate from the Navy at your EAOS, or if you're "on the fence" and don't know which way to leap, consider the following questions before you make your decision: Will your new employer ....

Guarantee continued employment if you meet his or her standards?

Give you a tax-free allowance for quarters or furnish you free quarters?

Provide you with free health and accident insurance?

Give you full pay if you are unable to work -- regardless of the length of your illness?

Provide free dental care for you?

Give you 30 days paid vacation a year, with meal allowance, beginning with your first day of employment?

Offer you low-cost insurance?

Give you a tax-free clothing allowance?

Provide interest-free loans in emergencies?

Offer free legal advice?

Help you pay for college or trade school?

Provide you with a pension for life if you become disabled?

Provide free survivor benefits to your family if you are killed on the job?

Provide space available air travel or reduced commercial air fare for your vacations and the like?

Offer low-cost recreational facilities?

Operate, for your convenience, a system of discount grocery stores, drug stores, service stations, cafeterias, barber shops, beauty parlors, dry cleaners and tailor shops.

Guarantee you lifelong retirement pay after 20 years of service, regardless of your age at retirement?

You may be able to find a dependable civilian employer who will pay you more cash than you are receiving now, but are you certain that the difference in the cash pay will make up for even half of the non-cash benefits of the military service? Think about it!





Column Coordinator: ENS S. E. DuLac, MSC, USN

## Blackouts

Many jokes are told about alcohol-induced blackouts. "You say I threw John through the picture window last night?" or "I guess I had a good time at the party -- at least everyone says so." Even a movie, "The Forgotten Weekend," was made about the phenomenon. As many recovered alcoholics will tell you, blackouts aren't funny. Instead, it can be frightening to know that you lost several hours of your life in a blackout.

A blackout is defined as a chemically induced period of amnesia -- not to be confused with passing out (drinking to the point of unconsciousness.) On the contrary, victims most often continue to function as if they were aware of what is going on around them and would remember what happened. Actually, what people do during blackouts is permanently lost to their memories. Blackouts don't seem to be directly related to the amount of alcohol consumed. As the illness progresses, blackouts become more frequent and last longer. At the same time, the amount of alcohol necessary to cause a blackout becomes less predictable. The time may come when a relatively small amount of alcohol will cause a blackout, or inversely, a large amount may not.

People who experience blackouts should be clear about four things: Given a person's history of blackouts, if he or she continues to drink, it is entirely predictable that another blackout episode will occur; a person can't predict how much alcohol will cause the next blackout; the length of a blackout can't be predicted; behavior during a blackout can't be predicted or controlled.

Many injuries, deaths and crimes occur during blackouts. And a blackout can't be the scapegoat for your actions. You have to pay the price -- although your only knowledge of what you've done is what you are told later.

By BMC William M. Wallace

## BLDG 246: The Front Line

By HMC Mickie Johnson, USN

### CA Class of '83

On 21 April 1983, eight Clinical Assistants were graduated and joined a group of conscientious, dedicated professionals. The expertise of these proud few will enable Bldg. 246 to continue providing high quality health care. Due to the shortage of primary care physicians, the Clinical Assistant Program was initiated on 14 May 1976 at NRMC. Since its implementation, there have been 14 classes. The program is supervised by CDR G. Coy, MC, and CWO4 J. Moffett, Physician Assistant, is the Coordinator as well as one of the instructors. Each class receives 5 weeks of classroom instruction as well as practical experience. The curriculum consists of classes taught by personnel of various specialties, encompassing the basic fundamentals in physical examination, diagnosis and treatment. The program has proven to be a positive addition to the health care system. It has reduced waiting time for sick call, reduced training time lost for recruits and has provided an increased quality of health care and record keeping.

The graduates of this CA class have now joined the ranks of the quality health care team and we, at Bldg. 246, are indeed proud and pleased to call these special people, "OURS." They, like their predecessors, are valuable assets and we warmly welcome them.



Left to right, front row: Captain Fout, HN Stephanie Carney, HM2 Evangelina Gomez, HN Patricia McCormack, HM3 James Bellamy, and LCDR Judith Twarog, NC. Back row: HN Lisa Olson, HN Michael Humphrey, HM3 Zev Levine, HN Juan Laboy, CWO4 J. Moffett, and CWO J. Shanklin.





## Master Shipwreck

HMC(MSS) R. C. Clements, USN

### Single Parent

Recently, a single parent, accompanied by her two small children, reported to the Emergency Room seeking treatment for herself. The attending physician deemed it necessary to admit the lady for further treatment. She had not made any contingency plans for her children in case of an emergency such as this. There was no one she could call to care for the children. The physician and staff attempted to make arrangements for the children but to no avail. As a last resort, the children were admitted to the Pediatric Ward for overnight.

This was an unusual circumstance, but one that single parents should prepare for in advance. Single parents should make plans for their children that can be carried out when emergency situations occur. A power-of-attorney should be obtained to authorize someone to care for the children in the event the parent is incapacitated over a long period of time. The State of Florida requires a power-of-attorney in order to authorize treatment of a minor when the child is accompanied by someone other than the parent or guardian. Interface with schools could also be included in the power-of-attorney.

Assistance can be obtained from the Legal Services Office in the preparation of a power-of-attorney and counsel can be obtained from the Family Services Center concerning contingency planning for the children of a single parent.

Make plans now so that you do not have to face the dilemma of the single parent in the Emergency Room.

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**Happy Mother's Day to all our  
Navy Moms!**

### Command Master Chief Feature

### Enlisted Advisor



**HMC Mickie Johnson**

Chief Johnson, Medical Records Supervisor at the NRMCA Annex, is the Enlisted Advisor for 9 junior personnel. Chief Johnson reported on board in August, 1982, and has a total of 10 years of Naval service. Chief Johnson is married and she and her husband, Wayne, have four children: Robin, 18 years old; Renee 16; Ronda, 14; and Wayne, Jr., 1½ years old.

The following personnel are assigned to Chief Johnson: HM3 John Thompson, HN Todd Currier, HM2 Vincent Glover, HA Mark Grodsky, HN Robert McMullen, HM2 Anthony Savage, HM3 Sheryl Handley, HA Keith Newton, and HN George Zeller.

Chief Johnson is the columnist who writes the Vital Signs' column entitled: "Bldg. 246 - The Front Line."

### Navy Relief Drive starts 4 May

The Navy Relief Society is the Navy and Marine Corps self-help program for active and retired members and their dependents or survivors. Your support of Navy Relief Society programs is channeled directly into assistance for our shipmates who suddenly find themselves faced with financial emergencies. The Navy Relief Society volunteers serve in branches, auxiliaries and shipboard offices around the world. They are THERE whenever YOU need them.

**YOUR HELP NOW MAYBE HELP FOR YOU  
IN THE FUTURE!**



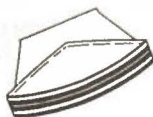
CAPT Foul's

## ***Skipper - gram***

### **A salute to the Navy Nurse Corps**

The month of May includes two very special dates. Florida Nurses Week, 1 - 7 May, and on the 13th of May, our very own NAVY NURSE CORPS will celebrate their 75th Anniversary. A corps with a very proud heritage. Our Navy nurses are special in so many ways; serving, not only as nurses, but naval officers as well. Their skills and understanding make them a highly essential member of our health care delivery team. For without their knowledge and expertise, many health care services would not be available to our patients. Since that early beginning, nursing service to the sick and injured has been widely extended. During peace and war, nurses have served with distinction in every forward area, entering actual combat zones on land, hospital ships and ambulance planes, providing their eminent value and capacity for growth in all aspects of health care, delivery and research. Their aim is to care for the patient from the threshold of the hospital, when he is admitted, to his cure, rehabilitation, discharge and beyond to the prevention of illness. In order to accomplish this, nurses may need to rotate shifts, specialize, become practitioners, educators and administrators. Certainly, this decade of the 1980's will offer wide ranging opportunities and unique challenges which our nurses, as always, will readily accept.

Congratulations, best wishes, and a heart felt thanks to our Navy Nurses as they observe their 75th Anniversary!



CRA

NOTES



By Joyce Lockwood

### **Sick Leave**

Who wouldn't rather stay in bed  
When he awakens with a stuffy head?  
Or maybe the night before was rough  
And going to work will be really tough.  
But somehow my conscience within me deep  
Says you're not sick, you miserable creep.  
For actually the decision is to be my own,  
It's a question of honesty and character alone.  
I know it's difficult for the boss to tell  
Whether I'm sick, or actually well,  
And now my mind has created a plight,  
To stay home sick, is it really right?  
So truly the answer lies with you and me  
Whether sick leave is used because it's free.  
And who can say this privilege will stay  
For that which is given, can be taken away.  
So lets think it over before it's too late,  
And Congress in anger starts to investigate.  
Sick leave was granted for honorable use,  
The control is ours to stop its abuse.  
A little thought, like a shot in the arm,  
Could set one straight, with a bit of alarm,  
For the truth, in fact, it is ourselves who lose  
When our sick leave protection we carelessly use.  
A long time sickness could come our way,  
And leave the family without any pay.  
No other insurance can give you so much,  
As abundant sick leave for that unknown crutch.

Reproduced from Mare Island Grapevine

**CRA BIRTHDAY GREETINGS TO:** Holland Wilkerson on 1 May; Sylvia Booth and Richard Cohen on 7 May; Mary Sobczak on 8 May; Elizabeth Courtney on 17 May; Lovie Tompkins on 18 May; William Greenan on 24 May; Barbara Maxwell on 25 May; Stuart Jester on 26 May; Mary M. Ramsey and Mary N. Ramsey on 27 May; Janet Jowers-Raymond on 28 May; and Elizabeth Kelly on 30 May.

### **WHOOOIZZIT**

It's HM3 Remi Lema, Outpatient Administrative Services.



Petty Officer Lema was a staff member here from September, 1981, to November, 1982. He was transferred to NRM, Okinawa, but is presently onboard on a TD-HUMS. HM3 Lema's wife, Donna, is an HN assigned to the

Patient Affairs Service. Petty Officer Lema originally hailed from Wisconsin.